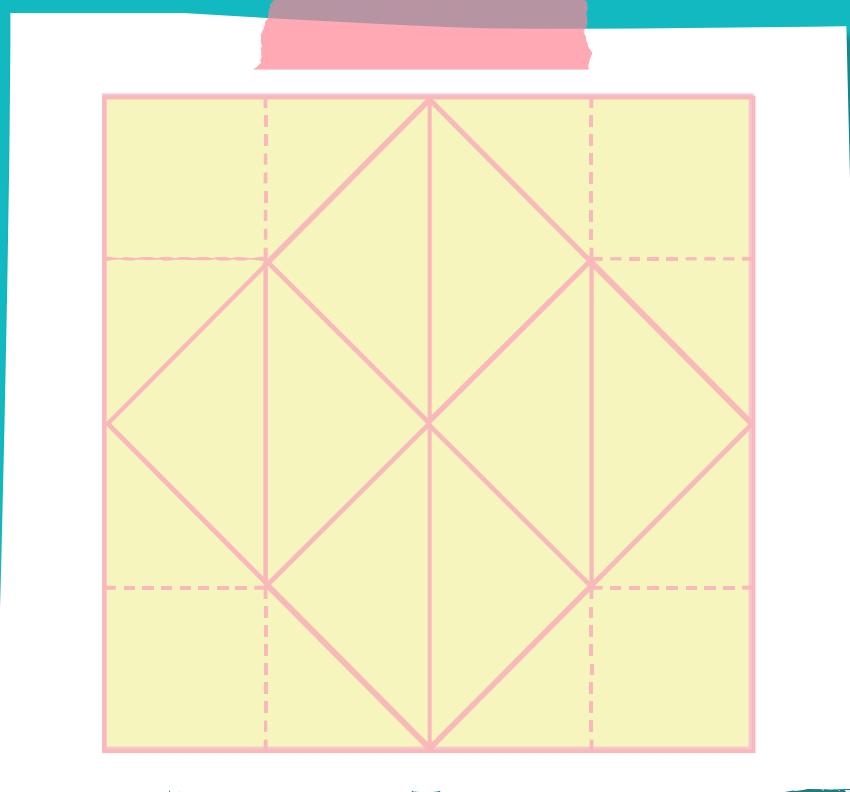
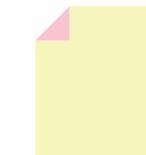


Chatterbox: Period Edition



What you will need:



paper

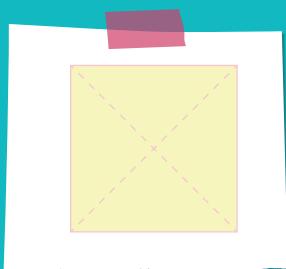


pen or
pencil



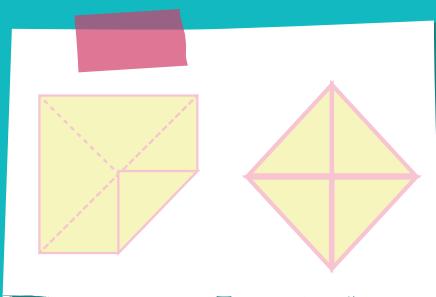
scissors (ask an adult for help)

Use the template above to make the chatterbox.



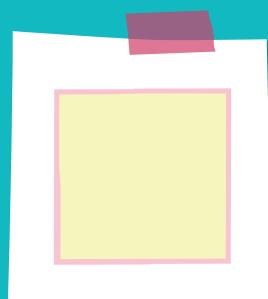
Step 1

Use or cut a square piece of paper.



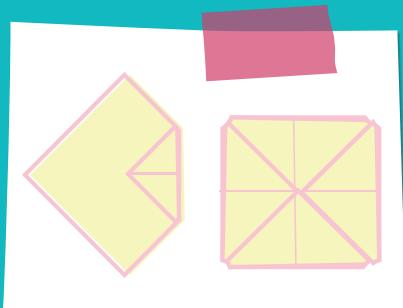
Step 2

Fold the four corners of the square into the centre, forming a cushion.



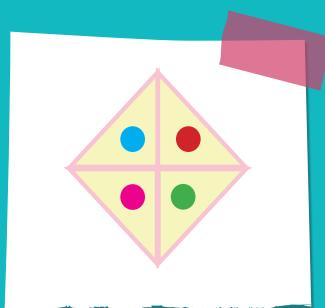
Step 3

Flip the square over to the opposite side.



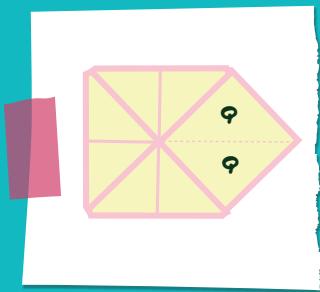
Step 4

Fold each of the corners into the centre to create another smaller square.



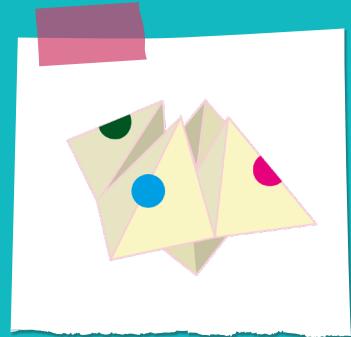
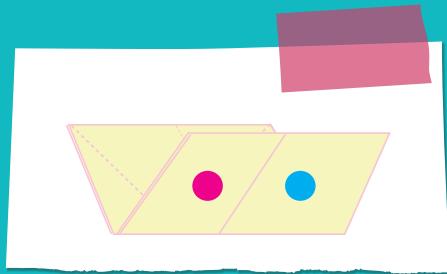
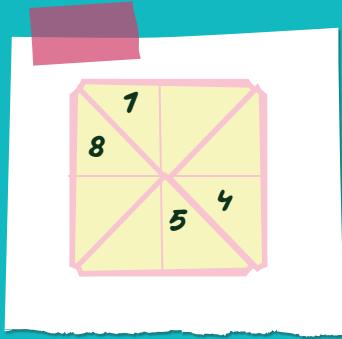
Step 5

Flip the square over and write the names of 4 different colours on each of the 4 quarters.



Step 6

Flip the square over again and write a question related to **periods** underneath each flap.



Step 7

Close the flaps and write in the numbers 1 to 8 making sure there is one number on each half of the flap.

Step 8

With the numbers facing up, fold the square in half to make a rectangle. Then unfold, spin the square 90 degrees, and then fold in half again to create a rectangle.

Step 9

Now put your fingers into the pockets of paper in each of the four corners.

How to play

- Pick a colour and fold while spelling out the colour.
- Pick a number and fold while counting up to the number picked.
- Pick a final number, open the fold and read out the question.

Possible question ideas

This game could be a great way to share your own personal story around menstruation. Below are some question ideas you can use in your chatterbox:

- When did you have your first period?
- Do you think menstruation is a women only problem?
- Why do we get periods?
- What is discharge?
- Why do people bleed through their trousers?
- Is period blood dirty?
- Have you ever stained your bed sheets?
- How do you clean stained clothing?
- How do you wash blood from your clothes?
- Have you ever leaked blood in public?
- Why do my boobs hurt?
- What's your favourite product?
- Why do I have spots? What is acne?
- Can you swim on your period?
- Can I stop my period?
- What can I do about my painful stomach?
- Do men have periods?
- Do animals have periods?
- How much do menstrual products cost in your country?
- How many menstrual products can you name?

